

# **“LIVE FIT, EXERCISE FOR LIFE”**



**This summer get off the couch and step away from the PlayStation. It's time to get outside and get in shape!**

Explanation: Award recognition program for youth ages 8-15 to encourage physical fitness during the summer months. The program outlines standards of participation for youth fitness activities during the time frame of 31 May through 31 August, 2007. Parents assist participating youth to track their physical fitness efforts in a number of summer activities and return the exercise log to the State Family Program Office.

Sponsorship: SDNG Family Support Program as coordinated by Mike Bierle Youth Coordinator.

Awards: Bronze, Silver, and Gold level certificates for youth who enroll and complete standards for award recognition. Must fill out log sheets and return them documenting their efforts. **(Also must be signed by parent)**

***A Supreme Physical Excellence award will go to the male and female who log the most activity in the state of South Dakota over the summer.***

Enrollment: To enroll simply log your activity on the sheets provided and return to

Mike Bierle Youth Coordinator  
2823 West Main Street, Bldg 520  
Rapid City, SD 57702

Must be returned no later than September 15, 2007. Award certificates will be given to units of representation for presentation.

## Examples Of Participation

Running	Bronze	15 miles over the summer
	Silver	16-30 miles
	Gold	more than 31 miles
Swimming	Bronze	50 laps over summer
	Silver	51 – 70 laps

	Gold	more than 71 laps
Weight lifting	Bronze	15 hours over the summer
	Silver	16-30 hours
	Gold	More than 31 hours
Biking	Bronze	50 miles over the summer
	Silver	51-70 miles
	Gold	over 71 miles
Walking	Bronze	25 miles over the summer
	Silver	26-38 miles
	Gold	over 39 miles
Other approved activity	Bronze	25 hours over the summer
	Silver	26-40 hours
	Gold	over 41 hours



Other possibilities are accepted such as hiking, martial arts, roller blading, ect.....

Also combinations of the above events are acceptable for award.  
(Log either miles or hours for activities that are not listed)

**Certificates will be printed and disbursed to unit commanders for recommended recognition at drill or other appropriate time.**